

Why meditation is the greatest blessing in life

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have you ever realized how fragile our happiness is?

how much we are dependent upon favorable situations in life
as well as on the good opinion of others about you

just for an example

you very well know that you are a street smart person
and all of your friends agree with this belief of yours !!!
but unfortunately, on one bad day
few of your friends calls you an idiot
and they actually mean it
then how is going to be your day ?
and what you will be feeling about it ?

or take another example

your most bitter rival in the company has got a promotion over you
then how much satisfied and happy you will feel for your enemy !!!

we can not be lucky all the time

more or less everyone has bad moments and bad time in life
it does not matter how bad is the time or what happens to you during the bad time...
but what matter is how do you respond to the bad time.

you cannot control the events which happens in your life

in this respect life is unpredictable and thats why it is exciting too
as there is a suspense and you don't know what will happen in next moment
future is always open and unpredictable
but there is something which is not yet decided
and that is your response to those events.
so you can respond to events positively, negatively or with the help of a meditative consciousness.

some smart person had once said

“if life gives you a lemon then make a lemonade”

what differentiate between an average person and a great soul

is their response to the events of their life
everyone response depends upon their state of consciousness
higher the state of consciousness, higher and better will be the response
and the only way to raise consciousness is meditation



the greatest asset or blessing in life is meditation

person who knows meditation is no longer the victim of circumstances
a meditator is laughing at the worst moment of his life also
as the circumstances do not decide the state of his mind

for a meditator, the response to an event does not come from his emotions
not from his conditioning or past experiences
but from his intelligence and which is a rare phenomena in current time
as very few people are devoting their life to meditation.

in reality, no event of your life is totally bad

even the worst moment of your life
carries some hope, has some hidden opportunity and a lesson to be learned
the person who is smart makes the best of worst moment also
and the person who is stupid messes up with the golden moment of his life too

so its all up to you
how you take life
and how you respond to opportunities which life offer to you.
believe me, life is fair and it gives equal opportunities to everyone as per their past karmas.

second best thing you can have in life after meditation is positive attitude towards life

and an open trusting heart.

trust on the god that whatever good or bad happens in your life, has some hidden meaning and lesson for you

and your responsibility is to make the best out of every moment of your life and grow

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